

Steps to follow for an **ASTHMA ATTACK** in the Athletic Setting

Athletes who have asthma that is triggered by exercise should use their QUICK RELIEF INHALER 5-15 minutes before activity, as directed by their physician.



1. **STOP ACTIVITY:**

- Help to an upright position – DO NOT recline.
- Ask, "Are you having trouble breathing?"
- Ask, "Do you have asthma?"
- Ask, "Do you have a quick-relief inhaler?"

2. **STAY CALM:**

- Encourage use of quick-relief inhaler, if available.
- If a rescue medication was used, the school nurse, if possible, should assess the student and parents should be notified.
- If a quick-relief medication does not work or student does not have quick-relief inhaler, GET HELP.

3. **GET HELP:**

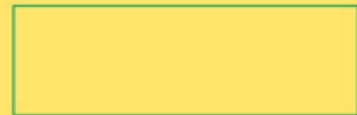
- Call School Nurse to athletic field or gym.
OR
- If student athlete can walk without difficulty, send to school nurse office.

NEVER SEND STUDENT ALONE

If the student has ANY of these signs of an Asthma Emergency:

- Inability to breathe.
- Struggling to breathe.
- Chest/neck are pulled in or sucked in with each breath.
- Trouble walking or talking
- Nostrils open wide
- Lips or fingertips are blue

CALL 911
or Local
Emergency
Number



Place local Emergency # Label here!

ALWAYS NOTIFY PARENT OR GUARDIAN

